CHECKLIST · HEALTH WELLBEING

FREE PREVIEW

Creating a Relaxing Bedtime Routine

A calming bedtime routine promotes better sleep and overall wellness. Use this checklist to wind down effectively each night.



11 steps · Print-ready A4

NAME _____ START _____ TARGET DATE _____

1 **Set a Consistent Sleep Schedule**

Go to bed and wake up at the same time daily, even on weekends, to regulate your body clock.

TIP *Use an alarm for bedtime as a reminder to start winding down.*

2 **Dim the Lights an Hour Before Bed**

Create a calming atmosphere to signal your body that it's time to sleep by reducing brightness.

TIP *Use warm, dim lighting or candles to create a soothing environment.*

3 **Avoid Screens Before Bedtime**

Stop using phones, TVs, and computers at least 30-60 minutes before sleeping to reduce blue light exposure.

TIP *Enable blue light filters or night mode on devices if screen use is unavoidable.*

PREVIEW



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